

February Lunch Celebrated American Heart Month with Andrea Tackett, MD



Cardiologist Andrea Tackett (center) with two former patients SBWN member Peggy Zatt (l.) along with SBWN founding member and luncheon guest Diane McClish (r.).



Maria O'Reilly of Keller Williams Realty and AJ Fudge (r.) an attorney joined South Bay Women's Network as new members.



February's luncheon was a full house with 36 members and guests celebrating American Heart Month, many of them wearing red to show support.

Photos by Monica Randeon

FEBRUARY MEETING PHOTOS.....	cover	BIRTHDAY GIRLS.....	3
PRESIDENTS MESSAGE.....	2	EVENING MIXER INFORMATION.....	3
MARCH LUNCHEON MEETING INFO.....	2	6 SYMPTOMS OF WOMEN'S HEART ATTACKS.....	4
ANNOUNCEMENTS.....	3	WOMEN'S WALL OF FAME LUNCHEON.....	attached

Mission Statement

Professional business women promoting one another to achieve professional and personal goals. SBWN meets each month and offers its members valuable networking time with other businesswomen and informative presentations from a variety of speakers on topics relevant to business and the goals of businesswomen. In addition, we provide financial support and assistance to Women's Shelter Program of San Luis Obispo County and award a Cuesta College Scholarship to female adult re-entry students.

SBWN 2014-2015 Coming Events

FEBRUARY

Evening Mixer

Friday 21st @ 5:30-7 pm
Sea Pines (See pg. 2 for info)
1945 Solano Street, LO

MARCH

Luncheon

Tuesday, 4th @ noon
La Palapa
1346 2nd Street
Los Osos/Baywood Park

Speaker:

Marianne Kennedy
Executive Director,
Women's Shelter Program
of SLO

BOARD ELECTIONS

Board Meeting

Tuesday, 11th @ 8:30 am
2238A Bayview Heights, LO

APRIL

Luncheon

Tuesday, 1st @ noon
La Palapa
1346 2nd Street
Los Osos/Baywood Park

BOARD INSTALLATION & SOCIAL TIME

Board Meeting

TBD

Friday, 25th
BUSINESS SHOWCASE
5:30 - 7:30 pm • SBCC

MAY

Luncheon

Tuesday, 4th @ noon
La Palapa
1346 2nd Street
Los Osos/Baywood Park

TBA

Board Meeting

TBD



A Message from Our President

Good tidings Ladies!

With this month's posting I want to highlight why we are all in this network. Perhaps you desire to make connections and grow your business or maybe you are a retired business owner and enjoy keeping the connections you have already made. One thing we can all agree on is that this group supports us in whatever ways it can.

In that vein, please join us for an evening mixer that we will be holding this Friday, the 21st at Tranquility Spa at the Sea Pines Golf Resort. For those of you who cannot make the luncheons, this is the perfect opportunity to meet with your fellow SBWN members and NETWORK! The casual, relaxed format is perfect for getting to know each other better.

MEMBERS have either a standing or absentee reservation for lunch. Member cancellations or guest reservations are required by 12:00 P.M. the Friday prior to the day of the meeting.

Book your reservation by calling 595-SBWN, emailing info@sbwn.org or online at www.sbwn.org

How to Join & Member Benefits

Our general membership luncheon meetings are held on the first Tuesday of each month at 12 noon. There is a \$16 meeting fee for members; \$18 for non-members and guests. (Annual membership dues are \$45). Non-members are welcome to attend two luncheon meetings – then we hope you will join us as a member. To receive a membership application call 595-SBWN or visit www.sbwn.org.

- Networking, Business Contacts & Referrals
- Friendship & Mentoring
- Education & Community Outreach
- Increased Visibility for Your Business
- Leadership Opportunities
- Monthly Meetings/Newsletter
- Membership Directory
- Group member of the Los Osos/Baywood Park Chamber of Commerce

As the network supports you, we also need our members to support the network. It is election time again, and if you have ever wondered what it would be like to be on the board of directors of the SBWN, then now is your chance to give it a try! The organization is only as strong and healthy as its member participation and WE NEED YOU! You will not be left floating on your own – on the contrary! There is a tremendous amount of support and mentorship available. Contact a board member today and we'll be happy to answer any questions you have!

Finally, I'd like to take a moment to thank one of our newer members, Debra Garcia. She stepped up and offered to handle the donations and silent auction duties for the upcoming event at the Madonna Inn. THANK YOU, Debra! We all so much appreciate your enthusiasm and support and I look forward to helping you in any way I can. Have a wonderful end-of-winter, everyone! If this is what we are calling it! And come to the mixer, we'd love to see you!!

Cheers, Gila

Featured Speaker Marianne Kennedy of Women's Shelter of SLO

On Tuesday, March 4, 2014, South Bay Women's Network (SBWN) will meet at La Palapa Mexican Cuisine & Seafood, located at 1346 2nd Street in Baywood Park at noon. Marianne Kennedy, Executive Director of Women's Shelter Program of SLO is our featured speaker. Marianne will update us on what has been happening with the shelter's program over the past year and we will present her with our donation raised from the 2013 Holiday Benefit.

SBWN is a non-profit organization open to all women on all job levels and in every occupation that wishes to share ideas, build friendships, and exchange support needed for personal and professional growth. The meeting fee, which includes informative speakers, beautiful venue, networking and lunch, is \$16 for members and \$18 for guests. For required guests reservations and member cancellations please call 595-7296 or email info@sbwn.org no later than 12 noon the Friday prior to the meeting. Visit our website at www.sbwn.org

Evening Mixer at Sea Pines Golf Resort - Tranquility Spa

1945 Solano St., Los Osos

Friday, February 21st
5:30 to 7:00 pm

Hosted by SBWN member
Julie Downey, Spa Director

Come visit with your fellow SBWN members and bring a guest to learn about South Bay Women's Network. Members who bring a female guest/prospective member will receive 5 free raffle tickets per guest.

Raffle prizes include:

- Windows on the Water gift certificate for dining up to \$100 value
- Good Tides Cafe gift certificate \$30 value
- Isabella Jewelers gift certificate \$25 value

Raffle tickets will be available for purchase.

Light Appetizers •
No Host Bar
RSVP's Welcomed

Thank You

Hello ladies,

Thank you so much for the wonderful lunch (11/5/13). I have never in my life felt so much support. I hope to make all of you very proud. I hope to see some of you when I graduate in a year and half. Thank you for believing in me.

Sincerely,
Dana Allen

Scholarship Winner 2013

ANNOUNCEMENTS!!!!!!

• **ATTENTION MEMBERS:** Just a reminder that you can update your membership profile, view members personal info (ie, home address, email) post a news item or make lunch reservations on our website. You can contact Dawn at info@sbwn.org to receive a temporary password to log in with. You can then reset if you wish.

• SBWN Election time is just around the corner. Voting will be at the March luncheon and online from March 4 to the 26. Watch for your eblast with a link to the ballot.

• **WOMEN'S WALL OF FAME LUNCHEON, MARCH 15th. See attached flyer and Silent Auction form.**

• Remember the newsletter is your voice. The Networker newsletter invites SBWN members to provide women in business, women in life articles and photos of important events. A newsletter is one of the best ways for network members to stay in touch with what other members are doing. Keep them posted in Network in the News and Personal Notes columns. Information can be emailed to info@sbwn.org



Birthday Girls

Carrie Asuncion..... March 10
Rosa Metzler..... March 29
Christine Marshall..... March 31
Maria O'Reilly..... March 31

**We had 35 Members & Guests
at Our February Luncheon
Welcome New Members
Maria O'Reilly
AJ Fudge
We Are 42 Members Strong**

2013-2014 SBWN Board of Directors

President

Gila Zak
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704-3599
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LUNCH RESERVATIONS

595-SBWN
info@sbwn.org

6 Symptoms of Women's Heart Attacks

By Lisa Fields

WebMD Feature

When a heart attack strikes, it doesn't always feel the same in women as it does in men.

Women don't always get the same classic heart attack symptoms as men, such as crushing chest pain that radiates down one arm. Those heart attack symptoms can certainly happen to women, but many experience vague or even "silent" symptoms that they may miss.

These six heart attack symptoms are common in women:

1. Chest pain or discomfort. Chest pain is the most common heart attack symptom, but some women may experience it differently than men. It may feel like a squeezing or fullness, and the pain can be anywhere in the chest, not just on the left side. It's usually "truly uncomfortable" during a heart attack, says cardiologist Rita Redberg, MD, director of Women's Cardiovascular Services at the University of California, San Francisco. "It feels like a vise being tightened."

2. Pain in your arm(s), back, neck, or jaw. This type of pain is more common in women than in men. It may confuse women who expect their pain to be focused on their chest and left arm, not their back or jaw. The pain can be gradual or sudden, and it may wax and wane before becoming intense. If you're asleep, it may wake you up. You should report any "not typical or unexplained" symptoms in any part of your body above your waist to your doctor or other health care provider, says cardiologist C. Noel Bairey Merz, MD, director of the Barbra Streisand Women's Heart Center at Cedars-Sinai Medical Center in Los Angeles.

3. Stomach pain. Sometimes people mistake stomach pain that signals a heart attack with heartburn, the flu, or a stomach ulcer. Other times, women experience severe

abdominal pressure that feels like an elephant sitting on your stomach, says cardiologist Nieca Goldberg, MD, medical director of the Joan H. Tisch Center for Women's Health at NYU Langone Medical Center in New York.

4. Shortness of breath, nausea, or lightheadedness. If you're having trouble breathing for no apparent reason, you could be having a heart attack, especially if you're also having one or more other symptoms. "It can feel like you have run a marathon, but you didn't make a move," Goldberg says.

5. Sweating. Breaking out in a nervous, cold sweat is common among women who are having a heart attack. It will feel more like stress-related sweating than perspiration from exercising or spending time outside in the heat. "Get it checked out" if you don't typically sweat like that and there is no other reason for it, such as heat or hot flashes, Bairey Merz says.

6. Fatigue. Some women who have heart attacks feel extremely tired, even if they've been sitting still for a while or haven't moved much. "Patients often complain of a tiredness in the chest," Goldberg says. "They say that they can't do simple activities, like walk to the bathroom."

Not everyone gets all of those symptoms. If you have chest discomfort, especially if you also have one or more of the other signs, call 911 immediately.

A thought for the month...

"The world is round and the place which may seem like the end may also be only the beginning"

— Ivy Baker Priest

U.S. Secretary of the Treasury (1905-1975)

ADVERTISING OPPORTUNITY - SBWN

Members may submit flyers for our monthly on-line newsletter for \$25. Please contact Dawn Rodden, 595-7296 for format information or if you need to submit a hardcopy for scanning. E-mail all digital files to info@sbwn.org.

**ONE MONTH FREE
BUSINESS CARD SIZE AD
FOR ALL MEMBERS**

YOUR AD HERE!

Contact Newsletter Director for info, 595-7296.

NEXT NEWSLETTER DEADLINE: March 15th

San Luis Obispo County Commission on the Status of Women
South Bay Women's Network

Women's Wall of Fame

March 15, 2014

Luncheon at the Madonna Inn

12:00 - 3:00 pm

- Come help us recognize and celebrate outstanding women volunteers
- Keynote speaker Kelly Jenkins-Pultz, U.S. Dept. of Labor/Women's Bureau
- Guest speaker Lois Capps Congresswoman
- Enjoy a great lunch at the Madonna Inn
- Enjoy learning more about and supporting non-profit organizations and women owned business here in our county.
- Silent Auction
- Help us make a contribution to the Noor Foundation's free health clinics.



Lunch Tickets \$35

Order Your Tickets Today
at www.slowomen.org or contact

co-chairs: Kathy Veder

(808)-929-8140

Paulla Ufferheide

(805) - 927-7316

Vendor Booths available for non-profits
and women in business

Booth applications available at
www.slowomen.org



San Luis Obispo County
Commission on the Status of Women

San Luis Obispo County Women's Wall of Fame Recognition Luncheon

*Sponsored by South Bay Women's Network In collaboration with the
San Luis Obispo County Commission on the Status of Women*

Madonna Inn • March 15, 2014 Silent Auction Donation Form

Date completed _____

Please Print or Type _____

Name of Business _____

Signature of Person Authorizing _____

Mailing Address _____

Contact: Phone _____ email _____

Description of donation(s) and value _____

When may we pick up gift _____

Please call _____ to schedule pick up or mail to _____

Solicited by _____

For more information or schedule pick up call Debra Garcia 805 464 7733

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